



Caring for Children with Asthma: The Young and the Breathless Training Outline

January 2020, revised for virtual training May, 2020

Videos in this presentation will require internet access to view. Videos are not included in presentation run time so please plan accordingly. When presenting virtually, videos and poll questions should be used in place of group activities.

*******Supplies and Handouts needed are listed at the end of the outline.**

Time	15 minutes
Topic	Welcome & Introductions
Training Technique	Group Activity
Supplies	None /* option activity at the end of training outline
Instructions	<ul style="list-style-type: none"> Have participants introduce themselves to the group and share one childhood memory they have related to childcare or preschool.
Option videos	None
Time	10 minutes running time at 25 min.
Topic	Introduction and Learning objectives
Training Technique	Lecture
Supplies	Slides 1-2
Instructions	<ul style="list-style-type: none"> Explain that this curriculum was grant funded. IDPH no longer has an Iowa Asthma coalition. Many national resources are available Refer to Resources page in their training packet Briefly review Objectives
Option videos	None
Time	5 minutes running time at 30 min.
Topic	What Causes Asthma
Training Technique	Lecture and video
Supplies	Slides 3-7
Instructions	<ul style="list-style-type: none"> Slide 3 Poll Question #1 Review slides
Option videos	5:09 minutes How does Asthma work? Dr. Christopher E. Gaw This video is available at https://youtu.be/PzfLDi-sL3w Or shorter video on slide 6: https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/what-is-asthma.html 2:12 minutes

Time	15 minutes <i>running time at 45 min.</i>
Topic	Asthma Management
Training Technique	Lecture & Handouts
Supplies	Slides 8-14
Instructions	<ul style="list-style-type: none"> • Discuss the importance of working as a team for successful management • Refer to Asthma Action Plan and have participants review plan and brochure • Slide 14 Poll Question #2
Option videos/links	Optional video peak flow meter: (39 seconds) https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/how-to-use-a-peak-flow-meter.html Link to HCCI printed resources by clicking on slide 9 bottom right HCCI picture of med sheet if want to show participants resources
Time	10 minutes <i>running time at 55 min.</i>
Topic	Asthma
Training Technique	Large Group Activity (exceptions: pregnant women, heart disease, asthma, respiratory diseases)
Supplies	Slide 15 and straws (regular straws or coffee stirrers if you can find them)
Instructions	<ul style="list-style-type: none"> • Have participants run in place for 1-2 minutes, then breath through the straw while pinching their nostrils shut. • This activity could be done when presenting virtually. Make sure to read the exceptions for participants to join in. • If you don't have straws you can have participants pinch their nose shut and breathe with pursed lips. • Discuss how they felt being short of breath. If virtual presentation participants can share in the chat box or unmute.
Option videos	None
Time	10 minutes <i>running time at 1 hr 5 min</i>
Topic	Asthma signs/symptoms- Management
Training Technique	Lecture
Supplies	Slides 16-22
Instructions	<ul style="list-style-type: none"> • Review slides and notes. Refer to Asthma Action Plan • Poll Question #3
Option videos	None
Time	15 minutes <i>running time at 1 hr. 20 min</i>
Topic	Asthma Medication
Training Technique	Lecture and Demonstration
Supplies	Slides 23-29
Instructions	<ul style="list-style-type: none"> • Review slides • Bring inhaler, spacer, Nebulizer equipment from CCNC Medication Kit for demonstration
Option videos	inhaler with spacer: 1:18 minute https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/patient-resources-and-videos/videos/how-to-use-a-metered-dose-inhaler.html

	How to use a nebulizer 2.16 minutes https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/patient-resources-and-videos/how-to-use-a-nebulizer.html How to clean a nebulizer 2.10 minutes https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/patient-resources-and-videos/how-to-clean-a-nebulizer.html	
Time	15 minutes	running time 1 hr. 35 min
Topic	Asthma Triggers	
Training Technique	Lecture	
Supplies	Slides 30-45	
Instructions	Review slides AQI posters (set of 6)	
Option videos	None	
Time	10 minutes	running time 1 hr 45 min
Topic	Asthma Friendly Child Care Checklist	
Training Technique	Lecture and group discussion	
Supplies	Slide 46 -----Asthma Friendly Child Care Checklist handout	
Instructions	Review checklist, discuss its use	
Option videos	None	
Time	5 minutes	running time 1 hr 50 min
Topic	Other Triggers	
Training Technique	Lecture and Demonstration	
Supplies	Slides 47-50	
Instructions	<ul style="list-style-type: none"> Discuss slides and demonstrate use of epi-pen for food allergies. Discuss Food Allergy Action Plan Slide 49 Poll Question #4 	
Option video	Epi pen video use apprx. 3:00 minutes total with other info 5:37 minutes https://www.epipen.com/about-epipen-and-generic/how-to-use-epipen	
Time	10 minutes	running time 2 hrs
Topic	Questions and Answer session/Evaluations/ Hand out certificates	
Training Technique	Class participation	
Supplies	Slides 51-52 Q and A, contact information Slides 53 and 54 Quiz questions and answers Slides 55-56 Thank you, Resources and Training evaluation (CCRR or other entity)	
Instructions	<ul style="list-style-type: none"> Enter contact information on slide 52 Participants complete evaluations and pass out certificates Thank participants for attending and encourage them to contact CCNC if further questions or need help with a care plan 	
Total Time	120 minutes	

Supplies	<ul style="list-style-type: none"> • Coffee stirrers(or straws) • Practi-Inhaler with spacer • Nebulizer with tubing • Epi Pen trainer (if available) <p>Optional ice breaker below supplies</p> <ul style="list-style-type: none"> ➤ 2 big wall sticky notes-if doing optional ice breaker below ➤ 4 small sticky notes for each participant. ➤ Dry erase marker if using white board
Handouts	<ol style="list-style-type: none"> 1. Asthma Action plan (HCCI website) 2. Asthma Action plan brochure (HCCI website) 3. Food Allergy Action Plan (HCCI website) 4. Asthma Friendly Child Care Checklist http://asthmaandallergies.org/wp-content/uploads/2012/03/Asthma-Friendly-Child-Care-Checklist.pdf 5. Air Quality Index Kids Posters https://www3.epa.gov/airnow/aqikids/pdffiles/posters.pdf
Optional ice breaker	<p>2 big wall sticky notes or can use a white board and draw into four sections. Draw a line through the middle of the sticky note to divide. On top of paper write “I know someone who has asthma” on line below write “I know a child who has asthma” On the 2nd big sticky note divide in the middle and write on top “I have given an asthma treatment to someone or myself” on the bottom under the line write “ I have seen an asthma episode or have had an asthma episode”</p> <p>Have small sticky notes 4 per person on the table and participants take as many as they need to place on the four areas if they can relate to any of the listed statements. Have all participants get up and place their sticky notes in the areas that apply. After all participants are able to place sticky notes they can sit back down. Most participants know of someone who has asthma but the others may or may not apply. CCNC will quickly review the areas and can have a brief conversation on how asthma has affected many of us in the room. Emphasis that it is important to understand what Asthma is and how one can help others by taking the class and understanding the basics of Asthma. Thank them for attending.</p>
Fact	<p>Asthma is one of the most common chronic diseases affecting children. Surveys indicate that nearly five million American children under age 18 have experienced asthma symptoms. Many of those children begin developing asthma in very early childhood, before they turn five years of age.</p> <p>https://asthmaandallergies.org/asthma-allergies/asthma-in-infants-and-young-children/</p>

HCCI medication form

Child Name: _____ Monthly Medicine Record Month _____ Year _____

Child Known Allergies: _____

Parent Permission to give medicine: I give my permission for the child care business to give the following medicine(s) to my child.

Date:	Parent Signature Giving Permission:	Name of medicine on the label:	Medicine dose on the label:	Time of day medicine is to be given at child care:	Route of medicine as on the label:	Possible side effects:	Required storage: <input type="checkbox"/> Refrigerate <input type="checkbox"/> Refrigeration not required	
		Reason medicine needed:	Special instructions for giving medicine:					
		Beginning date for medicine: _____ Ending date for medicine: _____						

☐ Medicine is doctor approved and doctor authorization form on file at child care

Date: _____ Parent Signature Giving Permission: _____ Name of medicine on the label: _____ Medicine dose on the label: _____ Time of day medicine is to be given at child care: _____ Route of medicine as on the label: _____ Possible side effects: _____ Required storage:
☐ Refrigerate
☐ Refrigeration not required

Reason medicine needed: _____ Special instructions for giving medicine: _____

Beginning date for medicine: _____
Ending date for medicine: _____

☐ Medicine is doctor approved and doctor authorization form on file at child care

Date: _____ Parent Signature Giving Permission: _____ Name of medicine on the label: _____ Medicine dose on the label: _____ Time of day medicine is to be given at child care: _____ Route of medicine as on the label: _____ Possible side effects: _____ Required storage:
☐ Refrigerate
☐ Refrigeration not required

Reason medicine needed: _____ Special instructions for giving medicine: _____

Beginning date for medicine: _____
Ending date for medicine: _____

☐ Medicine is doctor approved and doctor authorization form on file at child care

Food allergy plan

FARE FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

HOW TO USE ALVI-Q® (EPINEPHRINE INJECTION, USP), KALEO

- Remove Alvi-Q from the outer case.
- Pull off red safety guard.
- Place black end of Alvi-Q against the middle of the outer thigh.
- Press firmly, and hold in place for 5 seconds.
- Call 911 and get emergency medical help right away.

HOW TO USE EPIPEN® AND EPIPEN JR® (EPINEPHRINE) AUTO-INJECTOR, MYLAN

- Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
- Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
- With your other hand, remove the blue safety release by pulling straight up.
- Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'.
- Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
- Remove and massage the injection area for 10 seconds.
- Call 911 and get emergency medical help right away.

HOW TO USE EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®), USP AUTO-INJECTOR, MYLAN

- Remove the epinephrine auto-injector from the clear carrier tube.
- Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
- With your other hand, remove the blue safety release by pulling straight up.
- Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'.
- Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
- Remove and massage the injection area for 10 seconds.
- Call 911 and get emergency medical help right away.

HOW TO USE IMPAQ EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENALICK®), USP AUTO-INJECTOR, IMPAX LABORATORIES

- Remove epinephrine auto-injector from its protective carrying case.
- Pull off both blue end caps; you will now see a red tip.
- Grasp the auto-injector in your fist with the red tip pointing downward.
- Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh.
- Press down hard and hold firmly against the thigh for approximately 10 seconds.
- Remove and massage the area for 10 seconds.
- Call 911 and get emergency medical help right away.

ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

- Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh.
- Highly, in case of accidental injection, go immediately to the nearest emergency room.
- If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
- Epinephrine can be injected through clothing if needed.
- Call 911 immediately after injection.

Asthma action plan

Asthma Action Plan

Name: _____ Date of Birth: _____ Effective Date: _____

Doctor: _____ Parent/Provider: _____

Doctor's Office Phone Number: _____ Parent's Phone: _____

Emergency Contact After Hours: _____ Contact Phone: _____

GOAL (Green)

You have all of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play

Peak Flow: _____

CAUTION (Yellow)

You have any of these:

- First sign of cold
- Difficulty to breathe
- Cough
- Night wheeze
- Tiredness
- Coughing at night

Peak Flow: _____

EMERGENCY (Red)

Your asthma is getting worse fast:

- Breathing is not good
- Coughing in sleep
- Night wheeze
- Tiredness
- Coughing at night

Peak Flow: _____

Get help from a doctor now! It's important!

Asthma is a long-term condition. It's important to have a plan for what to do if your asthma gets worse. This plan will help you know when to call your doctor and when to go to the hospital. It's important to have a plan for what to do if your asthma gets worse. This plan will help you know when to call your doctor and when to go to the hospital.

Checklist for parents and providers Asthma brochure

A Checklist for Parents and Providers

Asthma is the most common chronic childhood disease. Children with asthma have sensitive airways. They are bothered by many things that start (or "trigger") their symptoms and make their asthma worse. The most common asthma triggers are allergens to dust mites, cockroaches, animal dander, mold, and pollen, and exposure to irritating smoke, fumes, or very cold air. Children's asthma can also be triggered by excessive exercise or an upper respiratory infection. The airways of people who have asthma are "chronically" (almost always) inflamed or irritated, especially if they are exposed to their triggers every day. This makes it hard for them to breathe.

Asthma can be controlled by being aware of its warning signs and symptoms, using medicines properly to treat and prevent asthma episodes, and avoiding the things that trigger asthma problems. Each child's asthma is different, so it is important to know the asthma triggers and treatment plan of each individual.

Use this checklist to learn how to make your child care setting a safe and healthy environment for children with asthma and allergies, or to help you choose a health child care placement for your child.

Avoiding or Controlling Allergens

Dust mites

	Needs Improvement	O.K.
Surfaces are wiped with a damp cloth daily. (No aerosol "dusting" sprays are used.)	<input type="checkbox"/>	<input type="checkbox"/>
Floors are cleaned with a damp mop daily.	<input type="checkbox"/>	<input type="checkbox"/>
Small toys are used; other than wall-to-wall carpeting. Woven rugs that can be washed in hot water are best. (Water temperature of at least 130°F/54°C kills dust mites.)	<input type="checkbox"/>	<input type="checkbox"/>
If wall-to-wall carpeting can't be avoided, children are prevented from putting their faces, legs, arms, blankets or fabric toys directly on the floor.	<input type="checkbox"/>	<input type="checkbox"/>
Children's bed linens, personal blankets and toys are washed weekly in hot water.	<input type="checkbox"/>	<input type="checkbox"/>
Fabric items (uffed toys or "dress up" clothes) are washed weekly in hot water, to kill dust mites.	<input type="checkbox"/>	<input type="checkbox"/>
Furniture surfaces are wiped with a damp cloth.	<input type="checkbox"/>	<input type="checkbox"/>
Soft mattresses and upholstered furniture are avoided.	<input type="checkbox"/>	<input type="checkbox"/>
Beds and pillows that children sleep or rest on are encased in allergy-proof covers.	<input type="checkbox"/>	<input type="checkbox"/>
Curtains, drapes, fabric wall hangings and other "dust catchers" are not hung in child care areas.	<input type="checkbox"/>	<input type="checkbox"/>
If light curtains are used they are washed regularly in hot water.	<input type="checkbox"/>	<input type="checkbox"/>

Using Your Asthma Action Plan



Use Your Asthma Action Plan!

- Control your asthma:
 - Visit your doctor regularly, even if you don't feel sick.
 - Have an asthma action plan.
 - Take your asthma action plan to your doctor, school, and your home.
 - Understand your plan. Ask your doctor questions - ask about understanding, including medication.
 - Take a copy of your action plan with you to your school nurse. You can give one to your teacher too. Ask your school nurse what your doctor and parents need to do so that you can safely your asthma with you throughout the school day.
- Avoid your asthma triggers:
 - Control your environment:
 - Avoiding your asthma triggers.
 - Taking action to avoid or reduce your asthma triggers.
 - Communicate your needs. Talk to your doctor, school nurse, teachers, child care providers, and your family about your asthma and what you need to do to control it.
 - Remember... control is your goal!

Key Symbols of Public Health
 Local State Office of Health
 Local Health Department
 Date: _____
 Printed by: _____

The Department of Health and Human Services
 1000 North 1st Street, Suite 100
 Tallahassee, FL 32304-1000